



Premier Post-Op Program

Post-Operational Therapy

Research shows that physical therapy after planned surgeries, such as hip replacements and ligament repair, can lead to decreased pain and quicker recovery times. At Legacy Rehabilitation Group, we are focused on providing quality post-operative care that yields the best outcomes and gets you back on your feet fast.

Services We Offer:

- Pain Management Techniques & Treatments
- Manual Muscle Stretching
- Joint Mobilization
- Soft Tissue Mobilization

Common Surgeries We Treat:

- **Partial & Total Joint Replacements**
 - **KNEE** – Total Knee Arthroplasty (TKA), Unicompartmental (Partial) Knee Replacement, Kneecap Replacement (Patellofemoral Arthroplasty), Complex or Revision Knee Replacement
 - **HIP** – Total Hip Replacement, Hip Resurfacing
 - **SHOULDER** – Total Shoulder Replacement (Traditional Shoulder Arthroplasty), Reverse Shoulder Replacement, Partial Shoulder Replacement (Stemmed Hemiarthroplasty), Shoulder Resurfacing
 - **ANKLE** – Total Ankle Arthroplasty, Ankle Arthrodesis (Fusion)
- **Ligament & Muscle Repair**
 - **KNEE** - Anterior Cruciate Ligament (ACL), Posterior Cruciate Ligament (PCL), Lateral Collateral Ligament (LCL), Medial Collateral Ligament (MCL)
 - **SHOULDER** – Glenohumeral Ligaments (GHL), Coraco-acromial Ligament (CAL), Coracoclavicular Ligaments (CCL), Transverse Humeral Ligament (THL), Rotator Cuff Repairs
 - **ELBOW, ANKLE, & OTHERS**
- **Low Back and Cervical Surgeries**
 - Disectomy, Foramenotomy (decompression), Laminectomy, Spinal Fusion

What Sets Us Apart?

- [CORF Certification](#) – We are a Comprehensive Outpatient Rehabilitation Facility, certified since January 2016.
- [Equipment](#) – Our central clinic in Golden Valley, MN has a harness and tracking system that minimizes the risk for falls and optimizes therapy time.
- [An Experienced Therapy Team](#) – Our goal is to provide Continuity of Care by having patients work with the same therapy team throughout their entire rehabilitation process.
- Utilization of Medical Model - We only use evidence-based treatments for our patients, with specific focus on the physical and biological aspects of diseases and conditions.

Start Planning your Post Operative Rehabilitation!
Call Us Today at 763.267.6654.